

# Senior News

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Story on page 6

July 2013  
Vol. 27, No. 7

## Taking Care

# Summertime can be stressful... Here's how to keep your cool!

by LISA M. PETSCHÉ

**T**he mild temperatures and increased daylight of summer can positively affect people's mood and allow new opportunities for enjoyment.



Lisa Petsche

On the flip side, summer sun, heat and smog can be harmful to older adults, especially those whose health

is already fragile. If you are a caregiver, you must be extra vigilant as temperatures soar.

Perhaps, like the relative you care for, you have health conditions or take medications that increase your sensitivity to the sun or heat. In any case, if you are not a fan of balmy weather, you may find yourself feeling not only physically uncomfortable but also irritable, especially during heat waves.

So how do you keep your cool emotionally during the dog days of summer? Read on for a variety of suggestions.

### General Tips

- Establish and stick to priorities,

and curb perfectionism. Not everything needs to be done to a high standard.

- Be flexible about plans and expectations. Take things one day at a time.
- Ask other family members to help out and be specific about what is needed.
- Pay for help if you can afford it – for example, a dog walker, house-cleaning service or grounds keeping.
- If you do not have central air conditioning, get a window air conditioner or oscillating fan for the room(s) you use most.

### Meal Preparation

- Collect recipes for one-dish meals, such as stir-fries and main course salads.
- Cook double batches of recipes and freeze half for later.
- Keep a supply of heat-and-serve entrees in the freezer.
- Buy convenience foods, such as packaged salads, that reduce preparation time.
- Order takeout once a week.

### Housekeeping

- Concentrate cleaning and tidying efforts on the rooms that are used the most.
- Do full loads of laundry whenever

possible. Ensure everyone in the household has enough basic clothing to last for a week. Buy clothing that can be machine-washed and dried and resists wrinkles.

### Yard Maintenance

- For gardening, stick to low-maintenance flowers and shrubs. Use mulch to discourage weed growth.
- Get a mulching lawn mower so you do not have to bag grass. Or hire a neighborhood youth to cut the lawn.

### Financial Management

- Arrange with the bank for direct deposit of pension checks and automatic withdrawal of bills.
- If you have a computer, sign up for internet banking so you can pay bills, transfer money and check balances from home.

### Shopping and Errands

- Shop by mail order.
- For gift giving occasions, purchase gift cards or give cash.
- Take advantage of stores and other services that offer home delivery.
- Research mobile services in your area, such as hairdressing and dog grooming.
- Coordinate errands and avoid peak use times of the day, week or month when visiting stores, banks, government offices and other establishments.
- If you relative can safely be left alone but either of you is anxious about the prospect, supply him or her with a portable phone and get yourself a cell phone so you can stay in touch. A personal emergency response system may also help put your mind at

ease.

### Care for your Relative

- Find out about community support services, including respite care options, and take advantage of them. Information can be obtained from your local office on aging.
- If finances permit, hire a personal support worker or companion for your relative so you can get out more often.

### Care for Yourself

- Look after your health: eat nutritious meals, get adequate rest, exercise and schedule regular medical checkups.
- Do something you enjoy every day: read, listen to music or take up a hobby.
- Cultivate a healthy sense of humor. Read the comics or watch a TV sitcom.
- Stay connected to the important people in your life.
- Set aside some quiet time each day; it nurtures your spirituality and helps to keep you grounded.
- Find an outlet for expressing your thoughts and feelings, such as talking with a friend or keeping a journal.
- Seek help from your primary physician or a counselor if you continually feel sad, angry or overwhelmed.
- Never forget that you can only take good care of your relative if you take good care of yourself.

\*\*\*\*\*

*Lisa M. Petsche is a medical social worker and a freelance writer specializing in elder care.*

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## You're encouraged to compete in the Georgia Golden Olympics... REGISTER NOW!

Submitted by  
MARY ALICE EALER

**I**f you are competitive, interested in meeting new friends, or just having fun, plan to participate in the 31st annual Georgia Golden Olympics scheduled to be held September 18-21, 2013 in the city of Warner Robins. The annual competition is open to ages 50 and older. Events include tennis, golf, swimming, track and field, cycling, bowling, 5K run and walk, horseshoes, billiards, Wii bowling and much more. Ballroom dancing will be offered again this year and Pickleball will be offered for the first time. Events are divided into age categories and medals are awarded for each.

A registration fee of \$40.00 allows the participant to enter three events. Additional events are \$6.00 each. Bowling, tennis, golf, cycling and archery require an additional fee. Fees are non-refundable. All registrations must be received by August 1.

The Georgia Golden Olympics is a qualifying site for the National Senior Games Association and qualifies athletes in even years for the

National competition, held in odd years. The 2013 National Games will be held in Cleveland, Ohio in July-August 2013. Over 500 athletes qualified in Georgia for the upcoming National games.

The purpose of the Georgia Golden Olympics is to create an awareness of the abilities of older adults, to maintain and improve health and wellness and to promote an interest in lifetime sports, recreation and physical activity. The competition is coordinated by the Georgia Department of Human Resources, Division of Public Health; Robins Air Force Base, Services Divisions; Georgia Recreation and Parks Association, Senior Citizens Section; Georgia Nursing Home Association; the University of Georgia, J. W. Fanning Institute for Leadership and Community Development and the Georgia Department of Natural Resources.

For more information/registration form call Warner Robins Recreation Department Senior Activity Center 478-293-1066, Georgia Golden Olympics office at 770-867-3603, or go to the Website [www.georgiagoldenolympics.org](http://www.georgiagoldenolympics.org).

# Let us entertain you

by CLAIRE HOUSER DODD

*One mustn't criticize other people on grounds where he can't stand perpendicular himself.*

Mark Twain

Most senior citizens who in their past lived in the Atlanta area part of the State will mourn the loss of Dante's Down the Hatch of Underground Atlanta fame. Dante Stephensen moved to Atlanta in the 1960s. He was the president of the Atlanta Ski Club in '69-'70 and opened his restaurant around that time. The Atlanta Ski Club was the largest in the United States and attracted such celebrities as gold medal Olympic skier Jean-Claude Killy and famed trumpet player/band leader Harry James to speak and perform at ski club events.

As we lived in Atlanta at this exciting time and participated in the Atlanta Ski Club, and the Young Republican Party social and artistic events, we were invited to the very special farewell party gathering of friends at Dante's Down the Hatch at 3380 Peachtree Rd, NE Atlanta on June 6th. This is the location Dante chose after Underground became taken over by the less than desirable people, and has been a landmark since.

We're sure you remember the excitement of going underground and then even farther down some really steep steps to the "waterfront" where ATLANTIS docked and that live alligator lived. The walls were covered with pictures and photographs of many movie stars, musicians and celebrities who had visited Dante's. Then you entered a galley-type seating area with balconies all around – just like on old ships – and enjoyed the live music of the famed Paul Mitchell Trio playing jazz. We always loved it, but really loved it when Dr. Billy Dodd joined in with his inimitable touch at the piano. That trio has been replaced now by the John Robertson Trio, but Dante's will be closing at the end of July. If you want a bit history, a bit of nostalgia, and a lot of fun, you'd better hurry on up to Atlanta to get a taste of Dante's fantastic fondues, music and atmosphere before the end of July.

We went up for the party and could not have had more fun as more surprises have been added... such as a window in the ladies room with a clown trying to peek through, and just outside four authentic barber chairs backed up to the most gorgeous black marble counter with four shiny brass lavatories, even if you went to Dante's dozens of times, you'd never be able to see or take in all the perks. The tenderloin, chicken, fondues and vegeta-

bles were the crescendo to top it all off.

Another do-not-miss deal is given by the Museum of Aviation Foundation on July 13th. It is the Auctions Raffle and Taste of Local Cuisine at the Museum, always a great party for a great cause. The marvelous museum is free to all, but naturally you must have money to run it. Ordering tickets are available now [www.museumofaviation.org](http://www.museumofaviation.org). You'll be enlisted to win a new vehicle or \$30,000. Buy your tickets early and you'll get a chance to win Bonus Prizes! There will be Pre-Raffle Bonus Drawings! All prizes have been awarded except for the July 8th drawing. Buy now to receive a chance at that one: The auction items are awesome and the food is spectacular. Plan to join the party on July 13th.

We took Grand Mathew (4) a few weeks back. He went into the complex as a cowboy complete with hat, boots, shotgun et al. He came out with arms spread in airplane mode, diving and making airplane sounds. We came out with the cowboy costume. It is a great place for adults and children. And don't forget to visit the gift shop.

Second Sunday is the Park concerts at Washington Park in downtown Macon from 6-8 p.m. The July 14th concert will feature Stevens Layne. They are FREE and picnics and lawn chairs are encouraged, but no tents or grills, [www.collegehillmacon.com](http://www.collegehillmacon.com).

Don't overlook Dauset Trails and the Indian Springs areas for a day trip. We took a few kids up with Grand Mathew and parents. They really enjoyed the shaded paths, the animals, the farm, amongst other things. There were two others that were having the time of their lives rolling, wrestling and jumping in the water – much to the glee of all of us! Naturally, the pigs, goats, chickens, ducks, and geese that were running free were exciting to the kids. We did not take a picnic, but certainly should have. The picnic areas were very nice. Take one and spend the day. It's at 360 Mt. Vernon Church Rd., Jackson [www.dausettrails.com](http://www.dausettrails.com).

*It is not worthwhile to strain one's self to tell the truth to people who habitually discount everything you tell them, whether it is true or isn't.*

Mark Twain

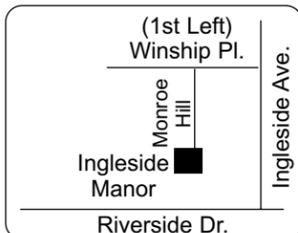
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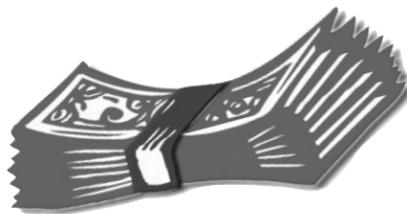
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## The Future of A Nation. How We Live Impacts Our Country – For Better or Worse

by DR. CHARLES F. STANLEY  
Adapted from LP090628

**I**s it possible to predict a nation's future? We may not be able to foresee specific events, but can we anticipate things such as blessings and liberty or poverty and oppression? Some would say yes – that we can simply analyze what has happened in other nations, listen to political commentators, and study the history of that particular country to see what the future holds. Others believe that it is entirely unpredictable.



**Dr. Charles Stanley**

I believe that a simple yet powerful biblical principle can indicate where a nation is headed: You will reap what you sow, more than you sow, and later than you sow. Galatians 6:7-8 says, "Do not be deceived, God is not mocked; for whatever a man sows, this he will also reap. For the one who sows to his own flesh will from the flesh reap corruption, but the one who sows to the Spirit will from the Spirit reap eternal life." In short, what we do today always has consequences, many of which we never anticipate.

Let's consider the different components of these verses. "Do not be deceived; God is not mocked." In other words, stop lying to yourself that you will be the exception to the rule. A person who

sows wickedness will not escape the harvest of his or her actions. When the Lord gives a law, it is immutable – whether a person believes it or not. In Greek, the term mock (v. 7) means "to turn the nose up at someone." People attempt to mock the Lord when they decide to rebel against Him even though they know the truth.

"Sowing to the flesh." This refers to indulging the "self" – surrendering to our tendency to sin. Paul wrote, "The deeds of the flesh are evident, which are: immorality, impurity, sensuality, idolatry, sorcery, enmities, strife, jealousy, outbursts of anger, disputes, dissensions, factions, envying, drunkenness, carousing, and things like these" (Gal. 5:19-21). Those who practice lives of sin will eventually experience corruption, suffering, and death. No one is exempt from the Bible's principle of sowing and reaping.

"Sowing to the Spirit." This means we surrender to the Holy Spirit and allow Christ to live His life through us. Galatians 5:22-23 says, "The fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control." Those who are generous, loving, and forgiving will reap the beautiful harvest of those virtues. It doesn't mean we will never have trouble, heartache, or conflict. But if we sow to the Spirit, you and I will have supernatural peace in the midst of difficulty.

"The one who sows to the Spirit will from the Spirit reap eternal

life." We don't earn our way into heaven through good deeds. (See Ephesians 2:8-9.) Every believer will have to give an account of how he or she lived. If we sowed to the Spirit – lived godly lives here on earth – we will reap eternal rewards.

So what is our scriptural responsibility? First, we need to stand up and live out the godly lives we profess to have. Second, speak up. Don't be ashamed of the name of our Savior. One day, "every knee will bow... and every tongue confess that Jesus Christ is Lord" (Phil. 2:10-11). Live today and every day believing that promise. Third, cry out to God to change the direction of your nation. He promises He will respond to that prayer (2 Chron. 7:14).

We reap what we sow, more than we sow, and later than we sow – This fundamental biblical principle is true both in our personal lives and in the life of our nation. We cannot mock God's law and continue to enjoy His blessings. Many countries have essentially said, "We don't need you, God." And they will soon experience consequences for rejecting the sovereign Lord.

What about you? Are you sowing primarily to the Spirit or to your flesh? Always make sure your life is contributing to the spiritual health of your nation, not detracting from it.

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### Spiritual Notes

## A Father's Role

by Dr. Bill Baggett  
Minister to Seniors  
Dunwoody Baptist Church

**A**n old Chinese proverb says:

*If there is light in the soul, there will be beauty in the person.*

*If there is beauty in the person, there will be harmony in the*

*house.*

*If there is harmony in the house,*

*there will be order in the nation. If there is order in the nation, there will be peace in the world.*

Harmony in the home is the God-given responsibility of each family member. We have recently celebrated Father's Day and as I reflected on this Proverb it reminds me of my role in the family. I encourage all fathers to examine their role as "the man of the house." Are you the husband, father and grandfather that brings harmony, beauty, love and security to your home?

As men we need to "step up" and take our role in the home seriously. We will miss a few swings, but eventually we hit a home run. Dr. Billy Graham says, "In my judgement, a nation cannot rise higher than its home life. Bitterness, crime, alienation, even war, starts in the home." We must set the right

example for our children, neighbors and fellow-workers.

As believers, we know that to "be light" we must know "The Light of the World." This is the beginning of the beauty that leads to harmony that will lead to order, which will lead to peace, peace in the home, and in the world.

It is said that people relate to God, our Heavenly Father, in the same way we relate to our earthly father. Fathers, husbands, and grandfathers, I challenge you to take a critical look at the role you play in your home.

Let us thank God, our Heavenly Father, for the example He gave us through His son Jesus. There is no better role model than this.

\*\*\*\*\*

*Dr. Baggett can be reached at Dunwoody Baptist Church, 1445 Mt. Vernon Road, Atlanta, GA 30338; phone 770-280-1200.*

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# Poets' Corner

## WHAT I BELIEVE

by Doris Highsmith Charnock

*I believe in a God of love, so pure and infinite, that mortal man, while on this earth, will never be able to comprehend his grandeur.*

*I believe in a God whose intellect is so profound that he can sense man's feeble attempt at cleverness, even before man commits the act.*

*I believe in a God whose eyesight is so penetrating that he can see what I do, be it light of day, or dark of night.*

*I believe in a God whose hearing is so keen that he can hear every whisper, and the sound of every tear.*

*I believe in a God whose touch is strong enough to move mountains, yet soft enough to soften the hardest of hearts.*

*I believe in going to church to worship God, to renew my spirits and to gain strength to combat temptations.*

*I believe in reading the Bible, to find new insights into God's plan for me and to be reassured of his great love.*

*I believe in prayer, to unburden my soul and enjoy a closer communion with God.*

*I believe that for every hour I spend going to religious meetings and reading the Bible, I must spend time helping those less fortunate than I; otherwise, I will become a selfish hypocrite – a favorite servant of the Devil.*

*I believe in standing up for the truth, at all times and in all places, regardless of the consequences; for the truth shall set men free.*

*I believe that with God's help, I can*

*walk across this earth with peace and joy within my heart and spend eternity in heaven.*

\*\*\*\*\*

## HE WATCHES OVER ME

by Ronald Dennard

*God watches over me in the perils of this life.*

*He keeps me through heartaches and strife.*

*He's blessed me in everything I've*

*done.*

*He sent His only begotten son.*

*God was watching when I was asleep at the wheel,*

*He came to save me and I'm living still.*

*God watches over me when I don't have one dime.*

*He sees when I'm persecuted and there is no crime.*

*The Lord watches me when I lie*

*down at night.*

*He gives me assurance that things will be alright.*

*I'll take His hand and go the extra mile.*

*He's always there in a little while.*

*He watches over me every second, minute, and hour.*

*He is there with His mighty power.*

*I'm thankful that I'm never alone, I'm thankful that He is preparing me*

*a home.*

## Summer's Landing of Warner Robins receives Bronze National Quality Award

### Georgia senior living community recognized by national program for commitment to quality care

#### Special to Senior News

Summer's Landing of Warner Robins has been recognized as a 2013 recipient of the Bronze – Commitment to Quality award for its dedication to improving the lives of residents through improved quality care. The award is one of three distinctions possible through the National Quality Award program, presented by the American Health Care Association and National Center for Assisted Living (AHCA/NCAL). The program honors communities across the nation which have demonstrated their commitment to improving quality care for seniors and individuals with disabilities.

"In an age of changing health care, Summer's Landing has remained committed to prioritizing quality care above all else," said Mark Parkinson, President and CEO of AHCA/NCAL. "This community is an example of the great things that can be accomplished when we commit to person-centered care."

Implemented by AHCA/NCAL in 1996, the National Quality Award Program is centered on the core values and criteria of the Baldrige Performance Excellence Program. The program assists providers of

long term and post-acute care services in achieving their performance excellence goals.

The program has three levels: Bronze, Silver, and Gold. Communities begin the quality improvement process at the Bronze level, where they develop an organizational profile with essential performance elements such as vision and mission statements and an assessment of customers' expectations. Bronze applicants must demonstrate their ability to implement a performance improvement system. A team of trained Examiners reviews each Bronze application to determine if the community has met the demands of the criteria. As a recipient of the Bronze – Commitment to

Quality award, Summer's Landing of Warner Robins may now move forward in developing approaches and achieving performance levels that meet the criteria required for the Silver – Achievement in Quality award.

The awards are sponsored by AHCA/NCAL Associate Business Member My InnerView, by National Research Corporation. My InnerView represents the true voice of nursing home and assisted living residents, families, and employees with the most insightful quality measurement solutions and satisfaction surveys in the healthcare continuum. Summer's Landing was one of only 20 Georgia facilities to receive the prestigious Bronze level award in 2013.



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## On the Cover

# KEEP MOVING!!!

by JANE WINSTON

**COVER**  
Hiltraud Culpepper “working out”  
on an exercise machine

**H**iltraud Culpepper was diagnosed with Parkinson’s disease in 2003 but suspected as early as 2001 that something was

not quite right. When the diagnosis came in, Hiltraud’s first line of defense was exercise! She had always been active. For over 20 years she had jogged four to six miles several days a week. She had worked out in local gyms since 1993, and is currently a member of Fit and Firm Fitness for Women in Warner Robins where she goes two days a week

for 2.5 to 3 hours. During that time she works with her trainer, Angela Brady, lifts weights, makes use of the various machines, exercises and spends AN HOUR ON THE ELLIPTICAL MACHINE!

Hiltraud patiently awaits a cure or some new break-through medication for Parkinson’s and while doing so, she remains active! And that is her message to all who suffer with the dreaded disease. Keep moving! She and her husband live in Macon where she is physically active managing a vegetable garden as well as flower beds. She and Sam go for a four-mile daily walk. Her eight and nine-year old grandsons live nearby, so she meets them daily after school, walks them back to her house, and supervises their homework!

Hiltraud was born in Breslau, Silesia, Germany in 1941. She and her family ultimately moved to Bavaria, and at 15 she began spending a portion of each summer in England where she lived with an American family, was immersed in and gained command of the English language. She completed high school in 1961 and enrolled in the University of Munich to study elementary education. She completed her studies and in August of 1964, at the age of 23, she bade farewell to home and friends and made her way, alone, to Hampton, Virginia and Langley Air Force Base where she began the adventure of teaching 3rd grade. It was not easy, and to make matters worse she had no driver’s license, so she rode a bike to and from school. It did not take long for teachers and administrators to embrace this “diminutive in size but large in determination” new teacher from Germany and help her out with transportation and other things. Over time she became very comfortable in her



Hiltraud Culpepper

new environment.

By 1966, Hiltraud got her driver’s license, gained confidence in the classroom, and married a USAF pilot, 2nd Lieutenant Sam Culpepper! They, typical of USAF families, moved around a great deal and through a circuitous route... including military and civilian pilot positions... ultimately ended up in Warner Robins.

Hiltraud began her Houston County teaching at Warner Robins Middle School in 1974 where she was hired to teach 7th grade Science because she knew the metric system! She left there in 1979 to go with her husband, but they returned in 1983. Northside Middle School then hired her to teach 8th grade science, and she retired from there in 1999 after 26-years of educating youngsters.

We of *Senior News* thank you, Hiltraud, for so willingly sharing your story and being such an inspiration to others like you who struggle with illnesses! Keep Moving!

\*\*\*\*\*

Jane Winston is a free-lance writer in the local area. Contact her if you have a story you would like her to share. 478-542-1642 or [jwins1939@gmail.com](mailto:jwins1939@gmail.com).

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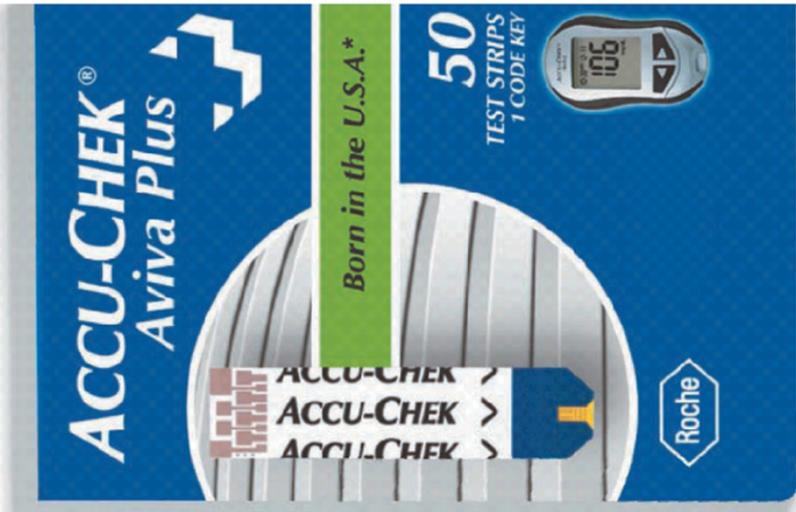
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## David Pierce Memorial Crimestoppers Luncheon Hosted by Houston County Rotary Clubs

by JACK STEED

Recently, the Rotary Clubs of Centerville, Perry and Warner Robins collaborated in hosting the annual Crimestoppers Recognition and Awards Luncheon held at the Museum of Aviation, Robins AFB, GA. During the luncheon the clubs presented Macon Regional Crimestoppers a check in the amount of \$27,425 to help fight crime. The luncheon, held in the Century of Flight Hangar, not only raised funds but also recognized the efforts of law enforcement agencies and their accomplishments and the role Crime Stoppers has in helping solve crimes. Centerville's Police Chief said in a prerecorded video that "law enforcement cannot have eyes

everywhere. But Crimestoppers gives police those additional eyes needed to solve crimes through anonymous tips." Since its inception 13 years ago, Macon Regional Crimestoppers' efforts have resulted in 3,925 arrests, the clearing of 5,776 cases and the recovery of almost \$600,000 in property.

Honored at the luncheon were retired Perry Public Safety Director George Potter, FBI Special Agent Jalaine Ward and retired Houston County Sheriff's Colonel Rueben McGhee for their many years of service to their communities and agencies. The Crimestoppers Luncheon is named in honor of the late David Pierce, former Chief Judge of the Houston County Magistrate Court and a Rotary Assistant District Governor.



Rotary Club President Kathy Hart (L) and Susan Pierce, widow of the late Rotary AG David Pierce, are shown with the Centerville Club's Banner honoring Rotary District Governor Bob Griggers who is a member of the Centerville club. Also shown is part of the check presented to Crime Stoppers.

## Barbara Anne Duff ordained as Macon's first Roman Catholic woman priest

Special to Senior News

On Saturday, June 22, 2013, Barbara Anne Duff of Macon was ordained priest in the Association of Roman Catholic Women Priests (ARCWP). The presiding bishop was Bridget Mary Meehan of Falls Church, VA and Sarasota, FL. The ceremony was held at First Christian Church located at 6165 Leesburg Pike in Falls Church, Virginia.

The new priest is theologically prepared and has many years of experience in ministry. She is a former Maryknoll sister, educator, Air Force Nurse and VA Hospital Nursing Home administrator.

"I am fulfilling my original call to minister to those who are on the margins of society. We women priests are working toward a renewed priestly ministry, supporting nonviolence and social justice in our church and in the world," Barbara Anne shared.

Women priests are answering the

call and the movement is growing since it began in 2002 with the ordination of seven women on the Danube. There are now 150 women in our Roman Catholic Women Priests' Movement in the world, including 100 in 30 states in the U.S. living and serving over 60 inclusive Catholic communities and welcoming all to receive the sacraments.

According to a recent CBS Gallup Poll, over 70% of Catholics in the U.S. support women priests. There is no shortage of vocations as women are now saying "Yes" to this call and are being ordained. In 2013, ARCWP will have ordained 13 women priests and deacons. We have more than a dozen candidates who will soon begin preparation for ordination.



Barbara Anne Duff

EJH

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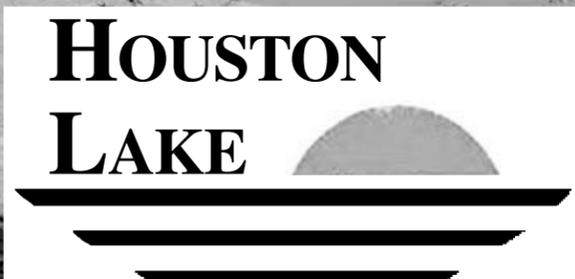
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# Macon/Central Georgia CALENDAR

## CALENDAR NEWS GUIDELINES

"CALENDAR NEWS" is provided FREE of charge to "true" not for profit organizations. In order to provide for an orderly and timely processing of requests, we must receive your editorial materials by the 15th of the month prior to the preferred month of publication. Please mail your requests to: Senior News, P. O. Box 8389, Warner Robins, GA 31095-8389.

### Coliseum Health System

#### "Medicare Made Easy and Advanced Directives"

Coliseum Northside Hospital, 400 Charter Blvd. For complete information call 478-746-4646.

### Support Groups

- **Bosom Buddies:** A support group for breast cancer survivors. 1st Wed. each month at noon, Coliseum Medical Centers, Cancer Center, Bldg. C, Suite 120. Free. Call 478-765-4805.
- **Bosom Buddies Too:** A support group for breast cancer survivors. 2nd Thurs. each month at 6 p.m., Macon Northside Hospital, 1st Floor Conference Room. Free. Call 478-765-4805.
- **Chronic Fatigue/Fibromyalgia Support Group:** First Sat. every month, 1-3 p.m., Location varies. Call 478-475-4908.
- **G.L.A.D. (Good Living Around Diabetes):** 2nd Mon. every other month at 5:30 p.m., Coliseum Diabetes Management Center, Bldg. C, Suite 120. Free. Call 478-765-4338.
- **Surviving Together... Strive From Stroke Support Group:** 3rd Thurs. each month, 11:30 a.m.-1 p.m. Lunch is served. Coliseum Medical Centers cafeteria. Patients, families and caregivers whose lives have been touched by stroke. Call 478-765-4413.
- **United Ostomy Association Support Group:** 4th Sun. every month, 3 p.m., Coliseum Medical Centers, Private Dining Room. For people who have had colostomy, ileostomy, or urostomy surgery. Call 478-765-4185.
- **Helping Hands Grief Support Group:** Meets every Mon. at 2:30 p.m., Coliseum Medical Centers, Bldg. C, Suite 120. Call 478-464-1401 or 478-765-4805.
- **Middle GA MS Support Group:** 3rd Thurs. each month, 6:30-8:30 p.m., Coliseum Northside Hospital, 1st floor conference room. 478-475-1818.
- **Bipolar Support Group:** Meets every Thurs., 6-7:30 p.m., First Floor Conference Room, Coliseum Psychiatric Center, 478-741-1355
- **US TOO for Prostate Cancer Education and Support:** 3rd Mon., 6 p.m., Coliseum Medical Centers, Bldg. C, Suite 120. 478-765-4805.
- **Survivors of Suicide Support Group:** 2nd Wed., 6-7 p.m., Coliseum Psychiatric Center, 340 Hospital Dr. 478-741-1355.
- **Extending H.O.P.E. - Lymphedema Support Group:** 1st Wed., 1:30 p.m., Coliseum Medical Centers, Bldg. C, Suite 120. 478-765-4805.
- **HOPE Network:** 1st Thurs., 2 p.m., Coliseum Medical Centers, Bldg. C, Suite 120. Support group for all cancer survivors and their caregivers. 478-765-4805.

### H2U Activities

- For information call 478-757-6092
- **Improving the Chemotherapy Experience:** Coliseum Medical Centers' Cancer Center, Bldg. C, Suite 120. 478-765-4805.
  - **Joint Pre-Surgery Education Classes:** 3rd Wed. each month, Coliseum Medical Centers, 1st Floor Classroom. 478-751-0189
  - **Focus on Healing Classes (Lebed exercise):** Advanced: Mon. & Thurs. 8 a.m.-9 a.m.; Beginner: Tues. & Thurs., 11 a.m.-12

noon. Coliseum Medical Centers, Bldg. D, Suite 230. \$34 per month. 478-765-4413 to register.

- **Perspectives:** Mon., 12:30 p.m.; Tues., 9 a.m.; Fri., 7 p.m. Cox Cable channel 15
- **Joint Classes at Coliseum Northside Hospital:** Offered weekly for Patients who are going to have Joint Replacement Surgery. Coliseum Northside Hospital; 478-757-6092 to schedule.
- **A-Z Diabetes Self-Management:** Day Classes: Last Thurs. of month with exception of Nov. & Dec., 9 a.m.-5 p.m. Coliseum Diabetes Management Center, Bldg. C, Suite 120. 478-765-4338.
- **Look Good... Feel Better:** A free program by the American Cancer Society designed to help women overcome the appearance-related side effects of cancer treatment. Coliseum Medical Center, Bldg. C, Suite 120. Registration required. 478-765-4805 for dates.

### Medical Center of Central Georgia - Partners In Health Classes

- **Golden Opportunities**  
The Wellness Center  
3797 Northside Drive,  
Macon 478-757-7817
- **Heartworks**  
389 First St. (Inside the MHC)  
478-633-9090
- **Central Georgia  
Rehabilitation Hospital**  
3351 Northside Drive  
478-201-6500
- **Implantable Cardioverter  
Defibrillator (ICD)  
Support Group:** 478-633-7157
- **Empower Seniors Fall  
Risk Assessment:** 478-757-7817
- **Stroke Support Group:** 478-201-6500
- **Smoking Cessation:** 478-633-9090
- **CPR Classes:** 478-474-3348
- **Spinal Cord Injury  
Support Group:** 478-201-6500
- **Brain Injury Support  
Group:** 478-201-6500
- **Parkinson's Disease  
Support Group:** 2:30-3:30 p.m., 478-743-7092, ext. 254
- **Parkinson's Disease  
Caregivers Support  
Group:** 478-743-7092, ext. 254
- **Crohns and Colitis  
Support Group:** 3rd Sun., 3 p.m., 478-737-8788 or kjhague@cox.net
- **Community Seminar for  
Arthritis, Knee & Hip  
Pain:** 478-633-1865
- **Central Georgia Autism  
Support Group:** For information call 478-633-8088
- **Pine Point Adult Grief  
Support Group:** 478-633-

5615

### Cancer Life Center

- Information and Reservations: 478-633-8537; www.cancerlifecenter.org
- **The Pink Alliance:** Thurs., July 18, 12 noon-1 p.m., 478-633-8537
- **The Pink Alliance HoPe Chapter:** Wed., July 17, 12 noon-1 p.m., 478-719-8528
- **Look Good, Feel Better:** Thurs., July 11, 5:30-7 p.m., 478-633-8537
- **Prostate Cancer 101:** Mon., July 8, 12 noon, 478-633-8537
- **Man-to-Man Support Group:** Tues., July 2, 7 p.m., 478-633-6349
- **Chemotherapy Orientation Classes:** Mon., July 8 & 22, 10-11:30 a.m., 478-633-8537

- **Cancer WellFit:** 12-week oncology recovery program, 478-757-7847
- **Genetic Counseling:** 478-633-6270
- **Cancer Clinical Trials:** 478-633-1738 or www.mccgclinicaltrials.org.

### Houston Health EduCare

Diabetes Type 2 Support: 1st Weds., 1 p.m. & 2nd Thurs., 7 p.m., Houston Health Pavilion EduCare Center. 4th Tues., 12 noon, Perry Hospital Cafeteria.

### SeniorCare

A service of Houston Healthcare promoting

continued on page 10

## Hospice Care Options stands ready

as a team of professionals trained to provide support to loved ones and family members during this difficult time. We can help take on some of the daily responsibilities for your loved ones; caring for them in their home, your home or in a skilled nursing facility. Hospice Care Options will take some of the burden off family members and others who may need extra time to cope with the situation. We stand ready. Call Hospice Care Options today.

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877.922.0515

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## CALENDAR

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wellness of mind, body and spirit for senior adults. All exercise participants must acquire a signed Physician Release Form from their personal doctor.

### Warner Robins SeniorCare

#### Centerville SeniorCare

#### Perry SeniorCare

#### TOPS Club, Inc.

Call 478-923-9771 for programs provided and additional information.

\*\*\*\*\*

### Alzheimer's Association, Central Georgia Regional Area Caregivers' Support Groups

Call 478-746-7050 for details.

#### Bibb County

• 2nd Tues., 3:30 p.m., Alzheimer's Association, 886 Mulberry St., Macon, 478-746-7050

• 2nd Wed., 10 a.m., Carlyle Place, 5300 Zebulon Road, Macon, Stafford Suites Activity Room, 478-405-4500

• 3rd Thurs., 6 p.m., Flint River Memory Community, 250 Water Tower Ct., Macon, 478-746-7050

#### Houston County

• 2nd Thurs., 10 a.m., Antebellum Grove Assisted Living, 1010 Kathryn Ryals Rd., Warner Robins, 478-953-0706

• 4th Thurs., 7 p.m., Peachbelt Rehab Center, 801 Elberta Rd., Warner Robins, 478-397-4669

• 4th Tues., 7 p.m., Houston Health Care, Classroom #1, 1601 Watson Blvd., Warner Robins, 478-923-2532

#### Bleckley County

• 2nd Thurs., 6:30 p.m., Bleckley Memorial Hospital Conference Room, 142 Peacock St., Cochran, 478-308-0188

#### Lamar County

• 4th Tues., 6:30 p.m., First United Methodist Church, 375 Thomaston St., Barnesville, 770-358-4516

#### Laurens County

• 4th Tues., 4 p.m., Benton House, 212 Fairview Park Dr., Dublin, 478-275-9888

• 1st Mon., 3:30 p.m., Sheridan Place, 504

Firetower Rd., Dublin, 478-275-4460

• 1st Thurs., 2 p.m., Carl Vinson VA Medical Center, 1826 Veterans Blvd., Dublin, 12-A Family Room, 478-272-1210, ext. 2328

#### Monroe County

• 1st Thurs., 6 p.m., Monroe County Hospital Dining Hall Downstairs, 88 Martin Luther King, Jr., Dr., Forsyth, 478-747-8754

#### Putnam County

• 3rd Wed., 10 a.m., First Baptist Church, 115 N. Madison Ave., Eatonton, 706-485-3331

#### Upson County

• Last Thurs., 7 p.m., Thomaston Reflections, 302 S. Bethel St., Thomaston, 706-647-1607

#### Telephone Support Group

• 1st & 3rd Tues., 7-8 p.m., "Care Connection" facilitated by an Alzheimer's Assoc. staff member, 1-866-453-5550

### Free Legal Services Available to Seniors

The Macon Office of Georgia Legal Services provides free legal services to seniors (60 and over) as resources allow. We interview clients in the following counties BY APPOINTMENT ONLY: Bibb, Baldwin, Crawford, Houston, Jones, Monroe, Peach, Pulaski, Putnam, Twiggs and Wilkinson.

Call the Macon Office at 478-751-6261 for an appointment.

\*\*\*\*\*

### Meals on Wheels of Macon and Bibb County

Meals on Wheels of Macon and Bibb County needs volunteers to help deliver meals to home-bound clients. Volunteers must have a valid Georgia driver's license and a positive attitude. If you can spare two hours a day one day a week, then you may just be the person needed. We especially need help on Thursdays and Fridays. Meals of Wheels is a wonderful organization which takes pride in everything it does. This program would not exist without volunteers.

If you are interested in volunteering, please call Joyce Waller or Beverly McCard at 478-745-9140.

### Macon-Bibb County Parks & Recreation Department Senior Center

1283 Adams Street Macon, Georgia 31201; Phone: 478-751-2790, 478-751-9238; Daily activities 9:00-2:00

• Senior Tax Assistance: Free confidential income tax assistance for senior citizens. Call Larry Wright at 478-751-2796.

• Choir - "Band of Angels:" Practice Mondays at 10 a.m. Call Brenda at 478-751-2790

• Stretching and Strengthening Exercise: Tues. & Thurs., 10:30-11:30 a.m.

• More Than A Number Dance Aerobics: Wed. evening, 6:15-7 p.m. Call Dona at 478-751-9238

• Spades: Wed. mornings, 10 a.m. Call Charlie at 478-751-2790

• Tai Chi for Arthritis: Sponsored by the American Arthritis Foundation. Mon. & Wed., 12:30 p.m. Call Dona at 478-751-9238

• Needle Crafts daily 10 a.m.-2 p.m. The fiber craft room is open daily for quilting, crocheting, knitting, and sewing. Call 478-751-2790.

\*\*\*\*\*

### Warner Robins Recreation Department, Senior Citizens Services Wellston Center

• AARP: 4th Wednesday of each month. Jeanine Frey, President, 478-922-5489.

• NARFE: 2nd Wednesday of each month. Charles Farmer, President, 478-922-2453.

• Ted Wright Senior Citizens Social Club: 2nd and 4th Thursday of each month. Betty Lou Lovain, President, 478-922-7774.

Melanie Lewis, Program Director, 478-293-1066.

• Warner Robins Senior Citizens Social Club: 2nd and 4th Tuesday of each month. Helen Daly, President, 478-956-0214.

Melanie Lewis, Program Director, 478-293-1066.

• MGCAA Senior Center: Monday-Friday, 8:30-4:30. Lunch (by appointment only), transportation, trips information and referral services. For more information call Stacy Colbert, Site Manager, at 478-923-0229.

• AARP Mature Driving Classes: For more information call 478-293-1066.

### Senior Activity Center

For information call 478-293-1066.

### Support Group for Caregivers of Frail Elderly Family Members

First & third Tuesdays of each month, 3:30-5 p.m., 6060 Lakeside Commons Place (off Bass Rd.), Macon. Call Martha Duke at 478-808-6957.

### The Gospelaire Quartet Outreach Ministry

The Gospelaire Quartet is ready to sing at your Senior Meetings, Church, Reunions, Assisted Living Center or Nursing Home, as well as special Birthday Celebrations and Club Meetings.

For additional information call 478-929-3816.

### Houston County Council Of The Blind

The Houston County Council of the Blind meets the first Saturday of each month at the Centerville Lions Club located on Houston Lake Road voicing state and local concerns for the blind or visually impaired. Fellowship and membership are welcomed.

### Georgia Leathercrafters Guild

The Guild meets every second Sunday in the month at Geico on Weaver Road. All who wish to learn and/or expand their knowledge of leather craft are invited. For additional information call 478-745-2320 or 770-688-2315, Tom Maldonado.

### Central Georgia Genealogical Society

Meets 2nd Mon. each month, 7 p.m., Flint Electric Building, 900 Highway 96, Warner Robins. For additional information call 478-987-1830 or visit [www.cggs.org](http://www.cggs.org).

### Health Education

The Office of Health Education at the Macon-Bibb County Health Department has brochures-pamphlets on various topics available in English and Spanish. These materials are available to businesses,

continued on page 11

# General Business Directory For Seniors

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## CALENDAR from page 10

community-based organizations, and faith-based organizations upon request. For additional information call 478-749-0113.

**The Macon Arts Alliance**  
486 First St., Macon  
478-743-6940

**Middle Georgia Art Association**  
2330 Ingleside Ave., Macon  
478-744-9557

**Massee Lane Gardens**  
For information call 478-967-2358 or [www.camellias-acsc.com](http://www.camellias-acsc.com) (The American Camellia Society.)

**Macon Little Theatre**  
4220 Forsyth Road, Macon  
Reservations: 478-471-PLAY

**Museum of Arts & Sciences**  
4182 Forsyth Road, Macon  
478-477-3232 or visit website [www.mas-macon.com](http://www.mas-macon.com).

**Theatre Macon**  
438 Cherry Street, Macon  
478-746-9485  
• Monty Python's *SPAMALOT*: July 5-20

**Warner Robins Little Theatre**  
South Pleasant Hill Drive  
478-929-4579; [www.wrlt.org](http://www.wrlt.org)

**Douglass Theatre**  
355 Martin Luther King, Jr. Boulevard,  
478-742-2000

**Tubman Museum**  
340 Walnut St., Macon  
[www.tubmanmuseum.com](http://www.tubmanmuseum.com)

**Middle Georgia Art Association Gallery**  
2330 Ingleside Ave., Ingleside Village,  
Macon. 478-744-9557; [\[giaart.org\]\(http://giaart.org\). Tues.-Fri., Noon-5 p.m.; Sat., Noon-3 p.m.](http://middlegeor-</a></p>
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**Divorce Recovery Group**  
First Baptist Church of Macon, located at 511 High Place, is offering a Divorce Recovery Group for those interested. The meetings are held on Wednesday evenings. Child care and children's activities will be provided.

For additional information call the church office at 478-742-6485.

**DivorceCare Offered By Central Baptist Church**  
Divorced? Separated? Find help at DivorceCare.

DivorceCare is a special weekly seminar and support group for people who are separated or divorced. The group meets at Central Baptist Church located at 1120 Lake Joy Road, Warner Robins. Childcare is provided for babies through 5th grade.

For additional information call 478-953-9319.

**Bloomfield United Methodist Church**  
5511 Bloomfield Rd., Macon  
478-397-6568 or 478-788-2262

**NAMI Central Georgia National Alliance on Mental Illness**  
Barabra Long, Executive Director  
478-328-0508

(Call for details on events)  
• Monthly support group for consumers and families: Last Mon. each month, 7 p.m., New Hope, 100 Story Road, Warner Robins. Free. Refreshments.  
• SOS (Survivors of Suicide) Support Group: First Thurs. each month, 7-8 p.m., Houston County Medical Center, Board Room next to the coffee kiosk, Watson Blvd., Warner Robins. For loved ones of those who have experienced suicide. Free.

**Substance Abuse Help Available**  
Did you know alcohol is the most-

used drug in the country and it's the number one abused substance among teens? Although most parents don't realize it, they are the best prevention tool around when it comes to underage drinking. Children do listen to their parents. Not only can you be a good role model for drinking behavior, you can have a meaningful, honest discussion with your children about alcohol, its pitfalls and risks. If you need more information or help, Hodac, Inc. is here to lend a hand. You can talk to trained professionals 24-hours a day, seven days a week by calling the Georgia Helpline at 800-338-6745. Making that call puts you on the road to answers so why not call today.

**Volunteers Needed**  
GeorgiaCares, Georgia's State Health Insurance Assistance Program (SHIP), needs volunteers to assist seniors and persons with disabilities with Medicare problems, fraud, and abuse. Must be computer savvy. Rewarding volunteer work. Call Butch Swinney, GeorgiaCares Coordinator for the Middle Georgia Regional Commission/Area Agency on Aging, at 478-751-6489 or email: [bswinney@mg-rc.org](mailto:bswinney@mg-rc.org) for details.

**MGRAACA Meeting**  
The MGRAACA (Antique Automobile Club of America - Middle Georgia Region) meets on the 3rd Thurs. each month, 7 p.m., at the Ole Times Country Buffet located at 1208 Russell Pkwy., Warner Robins. Come early to eat and greet! Anyone interested in antique cars and restoration is welcome. Call Rosemary Chaney at 478-987-9519 after 5 p.m. for information. [Forsyth-Monroe County Convention & Visitor's Bureau](http://Forsyth-Monroe County Convention & Visitor's Bureau).

**Heart of Georgia Chapter 2 Blue Star Mothers of America**  
The Blue Star Mothers of America, Heart of Georgia Chapter 2, meets the first Thursday each month at 7:30 p.m. at Coldwell Banker's SSK Realtors located at 470 S. Houston Lake Road, Warner Robins. For additional information contact PJ Johnson at 478-284-6905 or email: [chiefstrib@cox.net](mailto:chiefstrib@cox.net).

**Volunteers Needed!!!**  
Looking to help out in the community... you are needed as a volunteer at the Perry Hospital. Volunteer help is needed at the gift shop and in other departments at the hospital. For complete details call 478-542-7753.

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# Peach County Patriots!

by CLAIRE HOUSER DODD

The town has been patriotic as of late. Between Betty Cleveland and Joyce Jones, the citizens of Fort Valley are having amazing experiences with the armed forces. It was a pleasure to have them share their experiences with us and allow us to be a part of their journeys.

Betty Cleveland took the opportunity to go to Normandy, France, which is the place of the D-Day invasion on June 6, 1944. Robert Harrison, her first cousin from Marten, GA was killed there, so she wanted to search for his grave. But she would've never imagined being able to place flowers at the foot of the monument at the American Cemetery, where thousands of fallen Americans lay.

Here is Betty Cleveland's letter depicting a portion of the trip:

"One of the best stops was a guided tour on Guernsey Island, an English outpost located thirty miles off the coast of France occupied by the Germans in WWII. The German Occupation Museum was like reliving the war. A local Guernsey survivor collected a massive assortment of WWII relics, everything from guns to jeeps, to communications' devices and uniforms, and displayed them in a barn turned museum featuring mannequins that brought back the realities of the war.

Now to the purpose of this article: On Tuesday we were in our cabin dressing for dinner when our event planner knocked on the door asking for Betty Cleveland. First thought 'What's wrong at home?' Next I heard 'Tomorrow we go to Normandy and Omaha Beach, and we want you to help with our tribute at the American Military Cemetery at St. Laurent overlooking Omaha

Beach!'

Your question the same as mine: 'Why me?' In the initial information forms I had written that my first cousin Robert Harrison was killed during the invasion and I would like to look for his grave. One other traveler responded out of 200 on board. So we were asked to place a red, white, and blue floral tribute at the monument following the song God Bless America and TAPS with the thousands of gleaming white crosses in the background.

There were no dry eyes! Then all veterans were invited to gather at the base of the statue. What an honor! The highlight of the whole trip!!

Monet's garden and Paris finished out the trip. There is a timeless quality about the garden with Kwansan cherry trees in full bloom and tulips interspersed among the espaliered apple trees. In Monet's water garden was the Japanese bridge with the weeping willows that Monet himself planted.

After a trip through the lush Normandy countryside filled with bright yellow fields of rapeseed used for canola oil, we spent the next two nights in Paris where we soaked up the wonder of great artists in the Musee d'Orsay, a train terminal converted into a grand museum!



Joyce Jones enjoying her garden

June 6, 2013 has an enriched meaning for me... I will celebrate D-Day with a humble heart honoring the thousands who perished during the invasion so that we can be free!"

Thank you, Betty, for sharing your exciting and memorable stay with us remembering D-Day. Have you ever wondered what the D stands for? It's Disambiguation (French). The Normandy Landing, the Allies famous crossing of the English Channel which defeated the Germans and took back Europe (The English Channel in years past had eluded the

Spanish Armada and Napoleon Bonaparte's Navy), will go down in history as one of the largest amphibious invasions to ever take place. A day to remember, June 6, 1944.

Joyce Jones also has a great story to tell. She owns The Jones Garden Plantation, which she operates alone since her husband passed away in March of 2010. The garden plantation is rich with different types of flowers like azaleas, camellias, day lilies, daphnes, Peruvian daffodils, etc. It also has cherry trees, bridges, paths and islands.

You may ask exactly how did the Marines land on the patch of ground on Armed Forces Day? We call it a miracle. Some just call it Joyce's good luck. She was having her oil changed; and, as any retired school teacher worth her salt does, was talking to the guy who was sitting close by

waiting for his car. She was lamenting the lack of help with her gardens, etc., invited him and his wife, Aubrey, and two daughters to come by and see it on Sunday, which they did.

When Sgt. Saylor saw this amazing plantation, he was immediately impressed and volunteered his troop to help prepare it for the benefit of the public. You see, Marines think that way. Now Glen may have thought that way before he joined the Marines, or had it instilled in him with the mission of the US Marines Corp, which is to make successful men and women.

"Our purpose is our promise:  
We make marines.  
We win our nations battles.  
We develop quality citizens."

At the Jones Garden Plantation, lands were cleared, bridges were built, and an exuberant Joyce Jones says, "The marines really are miraculous. I thank them and all our armed forces for their many sacrifices of the past, present, and the future on this Memorial Day."

Joyce always welcomes visitors to the garden. She loves to share the beauty, and wants you to know that they are beautiful all seasons, having their own character.

One consideration – please call 478-825-7282 to be sure she is at home and can show you her lovely garden. It's FREE!

These remarkable experiences will always be remembered and cherished. The contribution of the United States Armed Forces reach farther than just national security, they reach way down into the hearts of all true Americans and two lovely ladies from Peach County have had dramatically patriotic experiences that will remain in their hearts and have become highlights of their lives... never to be forgotten.



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